

Air Force Week begins in Sacramento

By Staff Sgt. Matthew Bates
Air Force News Agency

SACRAMENTO, Calif. — The California governor officially declared here June 4 the start of Air Force Week, which is designed to inform and educate the public about the important roles the Air Force plays in support of the nation's defense.

There are numerous events scheduled throughout Air Force Week, which runs through June 10 including performances by Tops in Blue, an open house at Beale Air Force Base and the Capitol Air Show featuring an aerial demonstration by the U.S. Air Force Air Demonstration Squadron, the Thunderbirds.

"Our nation's Air Force is one of the most elite mil-

itary organizations in the world," Governor Arnold Schwarzenegger said. "It forms the cornerstone of our nation's defense strategy and its ranks are filled with those who tamed the wild blue yonder to ensure the safety of our sky. During this time of war, we extend a special salute to those currently serving in conflicts around the world."

"I am honored to join with my colleagues in the California state capitol to honor the Air Force," said California Lt. Gov. John Garamendi. "It's going to be a very, very good week."

As Sacramento residents honor Airmen from bases throughout the Sacramento Valley area, Air Force Week offers these same Airmen the chance to thank



Thomas Johnson, California Secretary of Veterans Affairs, along with California Lieutenant Governor John Garamendi, and Gen. Kevin Chilton, Air Force Space Command commander, proclaim June 4 to 10, 2007, as Air Force Week during the Air Force Week proclamation ceremony Monday at the State Capitol. (Photo by John Schwab)

the local population for their support.

"This week is a phenomenal salute to you," said

Gen. Kevin P. Chilton, the commander of Air Force Space Command. "Because none of what we do in the

Air Force is possible without the support we get from the citizens of the United States of America."

Heritage Park dedication held Wednesday

By Staff Sgt. Zachary Wilson
9th RW Public Affairs

Dozens of spectators witnessed the official opening of Beale's Heritage Park during a dedication ceremony in front of the SR-71 Wednesday in a ceremony tailored to recognize the Air Force's heritage as well as honor the support of the base's neighbors.

"Heritage is an important concept in today's Air Force and here at Beale,"

said Col. Keith Gentile, 9th Reconnaissance Wing vice commander during his remarks at the ceremony.

"However, the Air Force is not only about aircraft and weapons systems -- our greatest assets are our people and they are the ones who weave the fabric of our history."

The ceremony, held in conjunction with on-going Air Force Week activities as well as the celebration of the Air Force's 60th anniversary, highlighted

the partnership between Beale and the local communities that has existed for decades and the efforts of the individuals who have sustained that relationship.

The opening of the park was made official with the laying of bricks with influential community leaders' names inscribed on them in front of the Blackbird. The brick project, which contains bricks inscribed with the names of many Beale supporters, was designed

as a way to recognize Beale honorary commanders, individuals and units who actively support Beale and its families.

One of the event's speakers, 2007 Beale High Flyer Janice Nall, was among the first honored with a brick.

She was recently recognized as a "High Flyer" for her work in raising money for Beale's Operation Warm Heart, her travels to Washington D.C. to inform California Congressmen of

see HERITAGE page 4

INDEX

Editorial: Page 2

News: Pages 3-4

Community: Pages 5-11

Features: Pages 12-13

Services: Pages 18-19

Classifieds: Pages 20-21

Save a life by becoming
a bone marrow donor.
See more on Page 5.

For more Air Force
Week photos, see
Page 12 and 13.

OPEN LINE



The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open Line. If

you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.

Open Line number:
634-8888

Open Line e-mail:
9RWPA@beale.af.mil

Brig. Gen. H. D. Pumbo, Jr. is the 9th Reconnaissance Wing commander at Beale. (Photo by John Schwab)

Three simple questions

By Maj. Charles Arnold
9th Mission Support Squadron commander

Two years ago, while attending the Air Combat Command Commander's Course, I was lucky enough to have Maj. Gen. Stephen Goldfein as my class mentor.

One of my classmates asked the general what was the best advice he could impart on a new commander.

For those of you who have never crossed paths with General Goldfein, he is easily one of the most intelligent, insightful men in our Air Force and when he shares something it is wise to take note.

General Goldfein stated that he began every day by asking himself three simple questions.

If he could honestly answer "yes" to each question then he deserved to be in a position of leadership, but the day he answered "no" would be the day he knew he had failed.

I firmly believe that General Goldfein's questions apply to each and every one of us here at Beale. Here are his three simple questions:

Question No. 1: Am I setting a good example?

Now on the surface this one sounds pretty easy, but it isn't.

Leading by example is not

exclusive to being on duty -- it means setting a good example by living and breathing our Air Force Core Values seven days a week, 24 hours a day.

It means setting the example by being a good wingman when you are out with friends in Chico or by taking a risk and stepping forward when something happening in the dorms that just doesn't seem right.

Most importantly, it means making the tough choices and not looking the other way when you see someone violating our Core Values.

Leaders, regardless of rank, set a good example.

Question No. 2: Are we ready?

On any given day 300 to 500 of Beale's warriors are deployed and thousands more are fighting the Global War on Terror from right here at home.

To me, readiness has many components: Is my team trained and equipped to accomplish our mission? Do we have our personal affairs in order? Have we taken the steps to care for our families? Are we mentally and spiritually ready?

Last year another very wise man, our own base chaplain, Lt. Col. Jimmy Browning, summed this one up in a way that made per-

fect sense to me. The chaplain stated that what many of us do here at Beale every day is practice. We practice to make sure that when we are called upon we are ready to get in the game. I know that our U-2 pilots are ready and with the assistance of our world-class maintainers and the professionals in the Physiological Support Squadron prove it continuously.

Our intelligence squadron professionals hit a home run every day and Team Beale warriors from the security forces squadron, civil engineer squadron, comptroller squadron and medical group, to name a few, have earned Bronze Stars in the past few years, so they were certainly ready to get in the game.

So my question for each of you is—are you ready to step up to the plate?

Question No. 3: Am I worthy to lead these people?

Now this one is a little tougher and it takes a little soul searching.

At the end of the day you have to take stock of yourself and hold yourself accountable for your actions.

I like to think of this one as the "momma test."

If your mom could observe how you conducted yourself throughout the day and she was proud of you, then you are probably wor-



Maj. Charles Arnold

thy to lead.

However, if your mom was disappointed in that way that only a mom can be, then you probably were not worthy.

The key is that each of us needs to find that yardstick that allows us to honestly assess our performance and our worthiness.

So, are you worthy?

General Goldfein's questions are on a plain index card under the glass in the middle of my desk and not a day goes by that I don't ask myself those three simple questions.

My challenge to each and every one of you, from our newest airman to our most senior member, is to ask yourself these same three questions.

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High Flyer Editorial Staff

Brig. Gen. H. D. Pumbo, Jr.

Commander

Capt. Mike Andrews

Chief, Public Affairs

2nd Lt. Ashley Peltier

Deputy, Public Affairs

Tech. Sgt. John Asselin

NCO-in-charge, Public Affairs

Staff Sgt. Zachary Wilson

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Senior Airman Christine Collier

Airman-in-charge, Community relations

Airman 1st Class Robert Biermann

Editor, Layout & Design

High Flyer

Airman 1st Class George Cloutier

Staff Writer

<http://highflyer.theunion.com>

Life skills renamed to mental health

By Staff Sgt. Monique Randolph
Secretary of the Air Force
Public Affairs

WASHINGTON — All Air Force “life skills support centers” will be renamed “mental health clinics” effective immediately.

After a poll of subject matter experts, first sergeants, command chief master sergeants and mental health patients, it was determined that the name “life skills” was confusing and did not appropriately reflect the mission of providing mental health services.

“To most people, and particularly to professionals, ‘life skills’ refers to youth programs and services for the developmentally disabled,” said Lt. Col. Steven Pflanz, the senior psychiatry policy analyst for the Air Force surgeon general. “Traditionally, ‘life skills’ refers to teaching people how to get dressed, prepare meals or balance a checkbook; not psychotherapy.

“So, Airmen seeking counseling wouldn’t necessarily think to go to the life skills support center,” he said. “Likewise, when an off-base mental health professional wanted to speak with their on-base counterpart, they were confused when they were referred to the life skills support center.”

The name “mental health” was used prior to 2001, but was

changed to “life skills” to combat the stigma associated with seeking and receiving mental health care, Colonel Pflanz said.

“But changing the name alone doesn’t eliminate the stigma,” he said. “Stigma is best addressed through ongoing education efforts. Changing deeply held societal beliefs about mental health care takes time.”

Contrary to popular belief, only a small percentage of Airmen who seek mental health care actually experience adverse career outcomes or even unit notification of treatment, Colonel Pflanz said.

“The Air Force medical service must constantly work to overcome barriers associated with seeking treatment for behavioral and emotional problems,” said Maj. Gen. (Dr.) Charles Bruce Green, the Air Force deputy surgeon general.

“To address the concerns of Airmen about seeking treatment for mental health issues, it should be clear that privacy is the norm when their issue does not represent a danger to themselves, the mission or others,” the general said.

The name change will be accomplished at Air Force installations within a few months, Colonel Pflanz said. Although the change is immediate, practical details such as posting signs and updating regulations will take some time.



Deployed Global Hawk

Chocks are placed under a Global Hawk unmanned aerial vehicle after an intelligence, surveillance and reconnaissance mission in Southwest Asia. This Global Hawk flew one of 11 ISR missions supporting Operation Enduring Freedom on Sunday. (Courtesy photo)

WARRIOR SPOTLIGHT

Staff Sgt. Larnell Mobley

Unit: 99th Reconnaissance Squadron

Job: NCO-in-charge of information management

Hometown: Los Angeles

Air Force goals: To complete my Community College of the Air Force degree and continue to progress in my career field until this chapter of my life is complete.

Time in the Air Force: Eight years, three weeks and six days

Hobbies: Boxing, snowboarding, jet skiing and white water rafting.

I love outdoor adrenaline-pumping sports and hanging out with close friends, my wife, Kiana, and our soon-to-be baby girl, Masirah Ann Mobley. Can’t forget the dog, Justice, too.

The thing I like best about Beale

AFB: The friends I’ve made and the interesting journey’s I’ve taken in the past four years. One in particular, being able to fly the T-38.



Staff Sgt. Larnell Mobley is the NCO-in-charge of internal information for the 99th Reconnaissance Squadron. (Photo by Airman 1st Class Robert Biermann)

LIKE TO HAVE FUN?
HAVE A PLAN?



B.A.A.D.D.

BEALE AIRMEN AGAINST DRUNK DRIVING

634-5555

HERITAGE *from page 1*

Beale's need for a new Child Development Center and helping to start the Beale Liaison Group.

"Today we are here to open Heritage Park with the laying of these ceremonial bricks," Mrs. Nall said. "While the bricks may not represent much by themselves, the symbolism of what they stand for is remarkable. Beale Air Force Base and our local communities have built and developed a rock-solid partnership based upon friendship and mutual support over the decades that, like these bricks, is steadfast and strong."

As for the heritage section of the park, Colonel Gentile further emphasized the contributions American Airmen have made through the past 60 years by invoking the names of Air Force legends like Jimmy Doolittle, Lance Sijan and William Pittsenger among others.

But, while paying tribute to the legacy of the Air Force, he asked those in attendance to not forget the critical roles Airmen serving on the front lines today and to remember that today's

Airmen will be the individuals honored by future Airmen.

It is because of "these Airmen's efforts that we are directly contributing to the Air Force's primary mission in the Global War on Terror of fly, fight and win," he said.

In addition to the posting of the colors to the park's new flag poles by the Beale Honor Guard and flyovers by Beale aircraft, another feature of the event was the personal testimonial from Tony Bevacqua, chairman of the Beale Military Liaison Committee and a retired Air Force lieutenant colonel who flew over 2,000 hours in the U-2 during its infancy and nearly 800 hours in the SR-71 before his retirement in 1973.

"I remember my first flight in the U-2 occurred exactly 50 years ago," Mr. Bevacqua noted during his remarks on his association with Beale's critical mission. "I could have stayed in the Air Force after my tour was over here but I did not want to leave this great community. I've never had any regrets about that."



Team Beale members gather Wednesday at Heritage Park for the official ribbon cutting ceremony. (Photo by John Schwab)

Responsible use of financial benefits essential for all Airmen

By Air Force leadership

In today's increased operations tempo, Airmen are spending more and more time on the road, whether for relocation, training or in support of the Global War on Terror.

That's why the Air Force gives members a convenient means of funding official travel through the Government Travel Card program.

The Government Travel Card is available to Department of Defense employees with the strict understanding that it will not be abused or misused in any way.

Use of the GTC is a benefit, not an entitlement, and misuse or irresponsibility can reflect negatively on your credit and your career. Abuse of the GTC is punishable un-

der DoD regulations and the Uniform Code of Military Justice, so understanding the responsibilities and limitations of using the card can save Airmen from serious legal and financial trouble.

The following points are important for Airmen to remember:

- * Use of the GTC is mandatory for all DoD employees for official government travel, unless exempted from GTC use or denied due to poor credit or a suspended account

- * The GTC may only be used for official travel purposes when on official government orders; never for personal use

- * Some examples of official travel expenses are air-

fare, lodging, ATM withdrawals, car rental, fuel and meals

- * ATM withdrawals are not authorized sooner than 3 days before scheduled travel

- * It is the member's responsibility to ensure the full balance of the GTC is paid monthly no later than the due date on the statement

- * Members are required to split disburse all outstanding charges against the GTC when filing the travel voucher

For more information on the GTC, contact your local program coordinator or visit <http://www.dfas.mil/travel-pay/government-sponsored-travelcard.html>.

Find Airman's Roll Call Online Here: <http://www.af.mil/library/view-points/>



Drug alert for type 2 diabetes patients

By CiCi Moore
TriWest Healthcare Alliance

TRICARE West Region beneficiaries with type 2 diabetes should be aware of an issue regarding the diabetes drug rosiglitazone (Avandia(r)).

The New England Journal of Medicine recently published an article, which suggested that Avandia increased the risk of heart death and heart attacks among patients with type 2 diabetes.

The findings are based on analysis of published data from clinical trials that compared the risk of heart attack and heart disease-related death in patients on Avandia with patients who took a placebo or other diabetes drugs.

Forty-two clinical trials were analyzed, which involved nearly 28,000 patients.

The results showed that more than 65 percent of the deaths among diabetic patients in the trials of the drug could be attributed to heart disease.

Heart disease is a common complication of diabetes but the possibility that Avandia could increase this risk warrants an alert to patients.

In response to this article, the Food and Drug Administration (FDA) has published a safety alert to all health care providers and is currently conducting a review of all available data.

The American College of Cardiology, American Diabetes Association, and the American Heart Association have issued a joint statement for patients currently taking Avandia:

"Patients using this drug should talk to their health care provider to determine the most appropriate course of action".

"Patients should not stop taking any prescribed medications without first discussing the issues with their health care provider."

Beneficiaries living with type 2 diabetes, especially those at high risk for heart disease or heart attacks, should contact their physician to discuss this information and evaluate available treatment options.

Bone marrow drive scheduled for June 12

By Airman 1st Class
George Cloutier
9th RW Public Affairs

The chance to save someone's life--who wouldn't take it?

Members of Team Beale now have that chance, and it's only a painless cheek swab away.

At the bone marrow drive, which is scheduled to take place in the Community Center ballroom June 12 from 9 a.m. to 4 p.m., potential bone marrow donors can make the difference between life and death for somebody suffering from a variety of devastating diseases.

All that's needed is a painless swab of the inside cheek to match potential donors with potential recipients.

The drive is being conducted on behalf of the C.W. Bill Young Department of Defense Marrow Donor Program, which has helped over 400,000 servicemembers register as bone marrow donors since 1986.

Bone marrow is an essential contributor of certain components of blood that are critical to a person's survival.

Certain diseases such as leukemia and lymphoma,

which are found in both adults and children, require treatments that destroy the bone marrow.

In order for these individuals to survive, they must receive healthy marrow tissue soon after their treatment.

One of the difficulties potential recipients face is finding a compatible donor.

Much like other types of tissue transplants, donated bone marrow must be compatible with the recipient or their body will reject the transplant.

What makes the search to find a compatible donor so challenging is that donor compatibility for bone marrow is harder to find than many other types of transplants, said Michelle Crum, a Team Beale spouse who is organizing the drive.

"A few people can find a match within their family, but 70 percent of people can't," Mrs. Crum said.

Mrs. Crum said that because those in need frequently cannot rely on family members for much needed tissue donation a large pool of potential donors is needed to get the closest match possible.

Once a match is determined, the process of saving a life can begin.

"You're going to be blessed by it and that person is going to be blessed by it. These people are literally dying for you to help them."

Michelle Crum

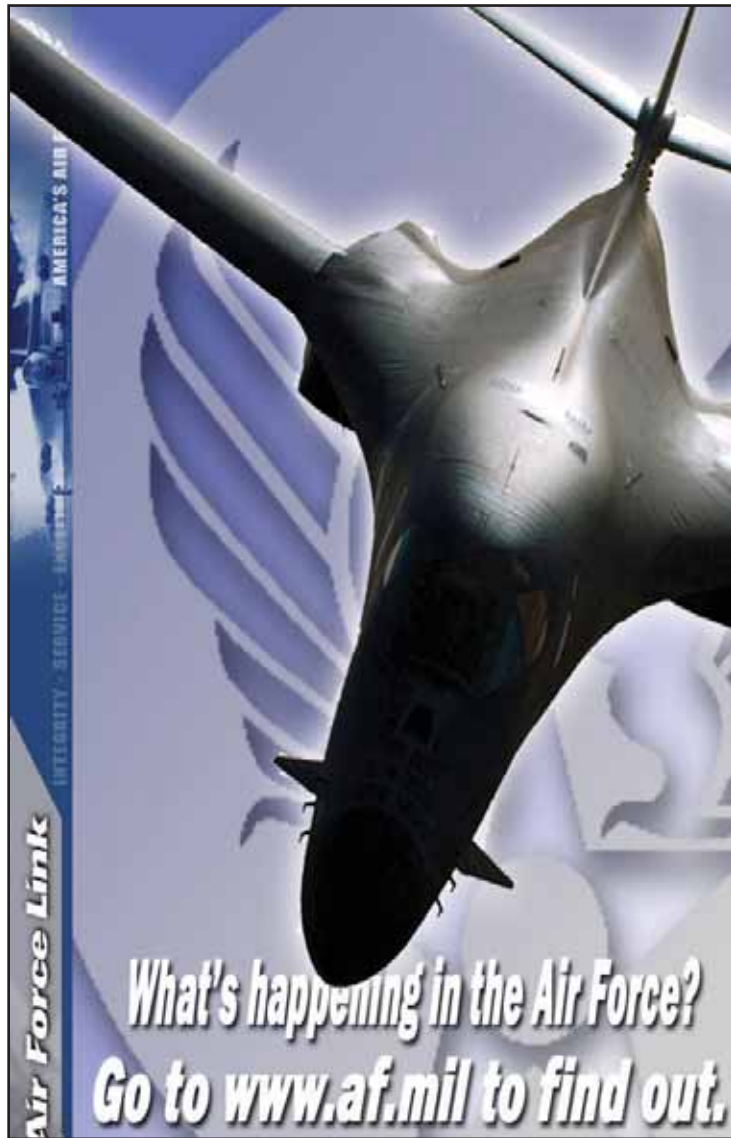
After further testing and consent is given, a small amount of marrow is extracted from the donor's pelvic bone.

The donated marrow is introduced directly into the blood stream of the recipient, where it makes its way to the bones and begins to grow and multiply, replacing the damaged, deceased tissue.

The donor's bone marrow will grow back in six to eight weeks, however both the recipient and the donor gain something that will hopefully last a life time.

"You're going to be blessed by it and that person is going to be blessed by it," Mrs. Crum said. "These people are literally dying for you to help them."

For more information on becoming a bone marrow donor, call Michelle Crum at 788-7628.



HERITAGE CORNER



This week in U.S. Air and Space history:

In 1927, Clarence Chamberlin and Charles Levine made the first nonstop flight from New York to Germany in a Bellanca 15-Wright 200 in 43 hours, 49 minutes and 33 seconds. They set a 3,910-mile Federation Aeronautique Internationale straight-line distance record by landing at Eisleben.

In 1931, Stunt pilot William Swan flew the first flight in a rocket-powered glider at Atlantic City, N.J. He climbed 100 feet and flew 1,000 feet before making a perfect landing. The glider, with 10 rockets able to produce 50 pounds of thrust each, only used one rocket for the flight.

In 1969, the Thunderbirds held their first demonstration using the F-4 Phantom.

In 1983, at Hill Air Force Base, Utah, F-105 Thunderchiefs made a final flyby to signal the inactivation of the last Air Force Reserve F-105 squadron.

In 1991, Col. Clarence "Dick" Anderegg and his backseater, Maj. Hugh Riley, flew Pacific Air Forces' last F-4 mission. They flew from Clark Air Base, Philippines, to Davis-Monthan Air Force Base, Ariz., where the Air Force mothballed the Phantom. The flight ended over a quarter of century of service for the F-4 with PACAF.

In 1996, Lyle Schaefer, Lockheed-Martin's chief test pilot, flew the advanced-technology C-130J Hercules on its first test flight. The six-hour 14-minute sortie launched from Dobbins Air Refueling Base, Marietta.

In 1997, the Air Force reached a milestone in advanced missile propulsion with the successful ground testing of the Variable Flow Ducted Rocket at Atlantic Research Corp., Gainesville, Va. A solid-fuel, ducted rocket engine, the VFDR increased the capabilities of conventional rockets by burning fuel-rich rocket-exhaust gases with air, thereby doubling or tripling the total energy produced by the engine.

In 1999, in a proposal to the National Guard Bureau, the Virginia Air National Guard suggested moving the 192nd Fighter Wing from Richmond to Langley Air Force Base, Va., to form a new associate unit to fly the new F-22 "Raptor" along with the 1 FW when it received the aircraft.

Heritage Question:

Who survived 45 Gs in a rocket sled test in 1951?

Answer: Maj. John P. Stapp

BAADD 634-5555



Beale AFB Chapel Programs Helping You to Stay Spiritually Fit!

Protestant Sunday

9 a.m. Foothills Chapel Praise service with Nursery
10:30 a.m. Sunday School at Lone Tree Elementary ages 3 to Adult
11 a.m. Valley Chapel Gospel Service with Nursery

Tuesday

6 p.m. at Foothills Chapel AWANA - Cubbies to Truth in Training with Nursery

Wednesday

9 a.m. at Valley Chapel Protestant Women of the Chapel with Nursery
7 p.m. at Valley Chapel Bible study with Nursery

Friday

Monthly Officer Christian Fellowship - Capt Stremmel 634-3897
Protestant Youth, Puppet Ministry, Protestant Men
POC Ch (Maj.) Olson 634-4701

Catholic Sunday

9 a.m. Religious Education at Lone Tree Elementary preschool to 12th Grade
10:30 a.m. Foothills Chapel Mass
5 p.m. Foothills Chapel Mass Rite of Christian Initiation of Adults, Catholic Youth, Catholic Women/Men, Bible study, Baptisms - POC Leila at 634-4707

Daily

11:30 a.m. Foothills Chapel Mass except Thursday

Islamic Friday

1 p.m. Valley Chapel Islamic Prayers - Ed Helalian at 634-3834

Pagan Saturday

2 p.m. Valley Chapel discussion group - George Cloutier 634-8887

For more information, call 634-4701 or 634-4705.

Valley Chapel is at 6199 C Street on the main base near the Bowling Alley.

Foothills Chapel is at 15001 Camp Beale Highway in the housing area

"Glorifying God - Honoring Airmen - Serving All"



Base theater grand opening

Brig. Gen. H. D. Pumbo, Jr., 9th Reconnaissance Wing commander, and Dave Hatchett, Army and Air Force Theater and Food Services manager, cut a ribbon at the Beale theater grand opening Friday. The theater was closed for nearly a year undergoing improvements totally \$870,000. (Photo by Master Sgt. Jeffrey Heath)

www.airforceonesource.com

Beale Bijou

634-2521



Friday evening Fracture (R)

Anthony Hopkins, Ryan Gosling

When Ted Crawford discovers

that his beautiful younger wife, Jennifer, is having an affair, he plans her murder—the perfect murder. Among the cops arriving at the crime scene is hostage negotiator Detective Rob Nunally, the only officer permitted entry to the house. Surprisingly, Crawford readily admits to shooting his wife, but Nunally is too stunned to pay close attention when he recognizes his lover, whose true identity he never knew, lying on the floor in a pool of blood. Although Jennifer was shot at point blank range, Nunally realizes she isn't dead. Crawford is immediately arrested and arraigned after confessing but nothing is as simple as it seems. 113 min.



Saturday matinee Meet the Robinsons (G)

Angela Bassett, Spencer Fox

When Lewis meets a mysterious

boy from the future named Wilbur Robinson, the two travel forward in time where Lewis discovers the amazing secret of the Robinson family. 92 min.



Saturday evening Vacancy (R)

Luke Wilson, Kate Beckinsale

When David and Amy's car

breaks down in the middle of nowhere, they are forced to spend the night at the only motel around, with only the TV to entertain them ... until they discover that the low-budget slasher movies they're watching were all filmed in the very room they're sitting in. 97 min.



Wednesday 6 p.m. In the Land of Women (PG-13)

Adam Brody, Meg Ryan

For as long as he could remember, Carter Webb had been falling in love with women. And for as long as he could remember, he'd been searching for the right one. He found everything he was looking for in Sophia and for a little while he was happy. Unfortunately, it wasn't meant to be. When Carter is dumped by Sophia, he sees his entire life flash before his eyes. 97 min.

**The Saturday matinee is scheduled for 1:30 p.m.
and the Sunday matinee for 3 p.m.
Evening movies play at 7:30 p.m.
The cost is \$3.50 for adults, \$1.75 for children.**

Community Briefs

Summer Games medics needed

The Special Olympics Summer Games 2007 is scheduled for Friday to Sunday at the University of California, Berkeley campus.

Qualified medics are needed throughout the entire weekend.

Opening ceremonies are from 7:30 to 9 p.m. Friday. Competition will last from 9 a.m. to 4 p.m. on Saturday and 9 a.m. to 2 p.m. on Sunday. Interested individuals current in CPR and first aid training can call Maj. Julia Sundstrom at 634-9227 or 263-2060.

For information on the Special Olympics of Northern California, visit <http://www/sonc.org/>.

All ranks day

An all ranks day is scheduled for today from 10 a.m. to 2 p.m. at the Airmen's Attic.

Individuals who come with any canned item can take an additional five clothing items.

The attic's new hours are Monday, Wednesday and Friday from 10 a.m. to 2 p.m. and Tuesdays and Thursdays from 5 to 7 p.m.

The attic is also in need of kitchen items and childrens' toys.

For more information, call the attic at 634-5640 or after hours at 788-2993.

BESC meeting

A Beale Enlisted Spouses' Club meeting is scheduled for Monday at 6:30 p.m. at the Recce Point Club. There is an 80's theme, with karaoke and 1980's trivia. Costumes are encouraged.

For more information, call Heather Heath at 741-2737 or e-mail at heather4aces@yahoo.com.

AF Reserve in-service recruiter

Airmen separating from active duty within the next six months are required to schedule an appointment with the in-service recruiter.

Items covered are education, re-training, the Air Reserve Technician program and other Air Force Reserve benefits and entitlements.

Interested in early separation?

Ask about the Palace Chase program.

For more information call Master Sgt. Roger Haynes at 634-3120 or e-mail at roger.haynes@beale.af.mil or visit the office located next to Civilian Personnel at the MPF in

room 178.

Salvation Army drive

The Company Grade Officer Council is holding a donation drive in support of the Salvation Army on June 16 from 10 a.m. to 2 p.m. at the Community Center. They will be collecting clothing items, household items, toys and sports equipment.

For more information, e-mail 2nd Lt. Bryan Bell at bryan.bell@beale.af.mil.

Covey training

Covey training is scheduled for Tuesday to Thursday from 7:30 a.m. to 4 p.m. at the Airman and Family Readiness Center. Learn "The 7 Habits of Highly Effective People."

For more information, call 634-2863.

To register, call Claudia Moller at 634-2801.

Three Day TAP

The next three-day Transition Assistance Program is scheduled for June 26 to 28 from 8 a.m. to 4 p.m.

The three-day TAP class is a condensed version of the five-day TAP class and is designed for individuals who know what they want to do up-

on leaving the service.

To register, call 634-2863.

Beale Thrift Shop

The Beale Thrift Shop's 50 cent sale is back.

Stop by and find many deals on summer clothing for the whole family as well as low prices on many other items. Hours of operation are 9:30 a.m. to 1:30 p.m. Tuesdays and Thursdays.

Consignments are accepted until 12:30 p.m. Call ahead to drop off large items.

Proceeds from sales go to the Beale Officers' Spouses' Club's charitable fund that is used for scholarships and community donations.

The thrift shop is located in the Omni parking lot across from the commissary. For more information, call 634-1893.

Breastfeeding support group

A free breastfeeding support group is open to all women and children Mondays at 9:30 a.m. in the Foothills Chapel.

For more information, call Julie Mathews at 788-7660.

Education services availability

Due to limited resources and effective immediately, test proctoring services at the education center will be available as follows:

Active duty personnel: No change in testing services.

DOD civilians, family members, retirees: Students attending colleges with an approved Memorandum of Understanding with Beale (Embry-Riddle Aeronautical University, Yuba Community College, and University of Phoenix) are approved to challenge college-level exams, but must pay applicable fees.

However, the center can no longer support proctoring college exams for Civilians, family members and retirees who are not participants in on-base education programs.

These students are advised to contact their schools for proctoring requirements or proctoring services for college exams.

Many of the schools offer their own proctoring service at no charge to the student and/or may allow qualified or select individuals to proctor exams.

For more information, call the education center at 634-2525.

Air War College

The Beale Education center is enrolling eligible officers and federal employees for the Air War College non-resident studies course. Interested officers and DOD civilian employees (GS-13 or above) must sign up by July 15. For more information or questions, call the education Cen-

ter at 634-2525.

Commissary sidewalk sale

The next commissary sidewalk sale is scheduled for June 19 and 20. For more information, call 634-2424.

Available NAF positions

The following Non-Appropriated Fund positions are currently available at Beale: Child development program assistant, food service worker, cashier and checker, waiter, food service worker, sundry clerk, custodial worker leader, recreation assistant, recreation aid, laborer, auto skills operations manager, recreation assistant, swim instructor, lifeguard, recreation aid, custodial worker and laborer. For more infor-

mation, call Beatris Logan at 634-2316.

Temporary Palace Chase change

Temporary Reduction in Palace Chase service commitment for transfer into the Air Force Reserve and Air National Guard in direct support of the Fiscal Year 2007 Force Shaping program, Air Force has approved a temporary change to the current service commitment for transferring into the Reserve or Guard through Palace Chase.

The Palace Chase service commitment, for both offers and enlisted Airmen, has been reduced from a 2 for 1-year payback to a 1 for 1-year payback until Sept. 30, 2007. For more information or questions, call Master Sgt. Roger Haynes 634-3120.

The official community Web site of the Air Force
www.afcrossroads.com

AF Week honors Airmen, heritage



Photo by Sean Bhakta



Photo by John Schwab

(Top) Gen. Kevin Chilton, Air Force Space Command commander, enlists several teenagers into the delayed enlistment program before a Rivercats minor league baseball game Monday during Air Force Week in California.

(Above) A group of Tops in Blue performers sing at the Radisson Hotel Tuesday.



Photo by John Schwab





Photo by Airman 1st Class George Cloutier



Photo by Sean Bhakta



Photo by John Schwab

(Left) Staff Sgt. Raymond Hardson, 9th Security Forces Squadron, talks to Air Force News Service personnel before throwing out the first pitch at the Monday Rivercats game.

(Top left) Airmen from the 9th Physiological Support Squadron explain the importance of the U-2 pressure suit during the Beale Open House Wednesday.

(Top Right) Team Beale members admire the F-22A Raptor Wednesday at the Beale Open House on the flightline.

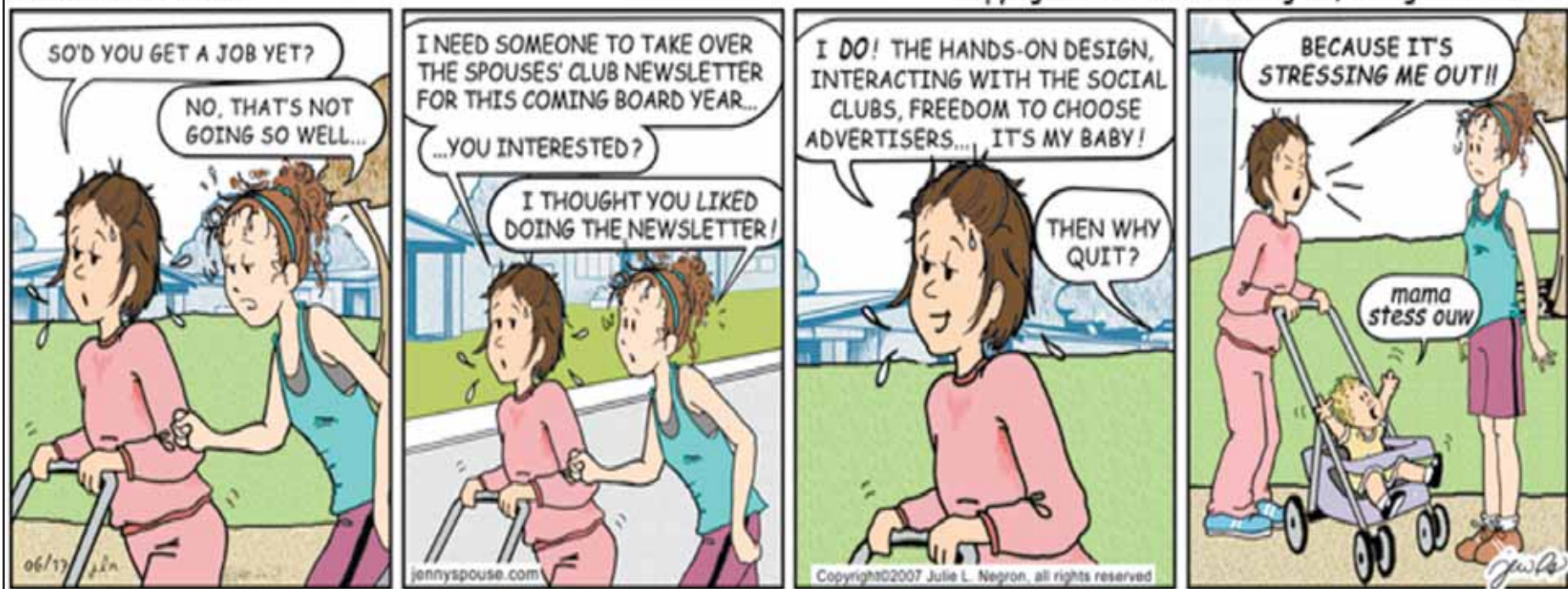
(Above) Beale's Honor Guard team marches away from the California Capitol building after a practice cordon Monday before the Air Force Week Proclamation ceremony.

Jenny:

Jenny follows the adventures of a young Air Force spouse determined to overcome the challenges of a military lifestyle. Drawn from the real lives of both contributors and the cartoonist, Jenny's experiences reflect the humor, ingenuity, and sheer determination necessary to be successful as the spouse of an active duty military member. For more *Jenny* comics, visit <http://www.jennypouse.com>.

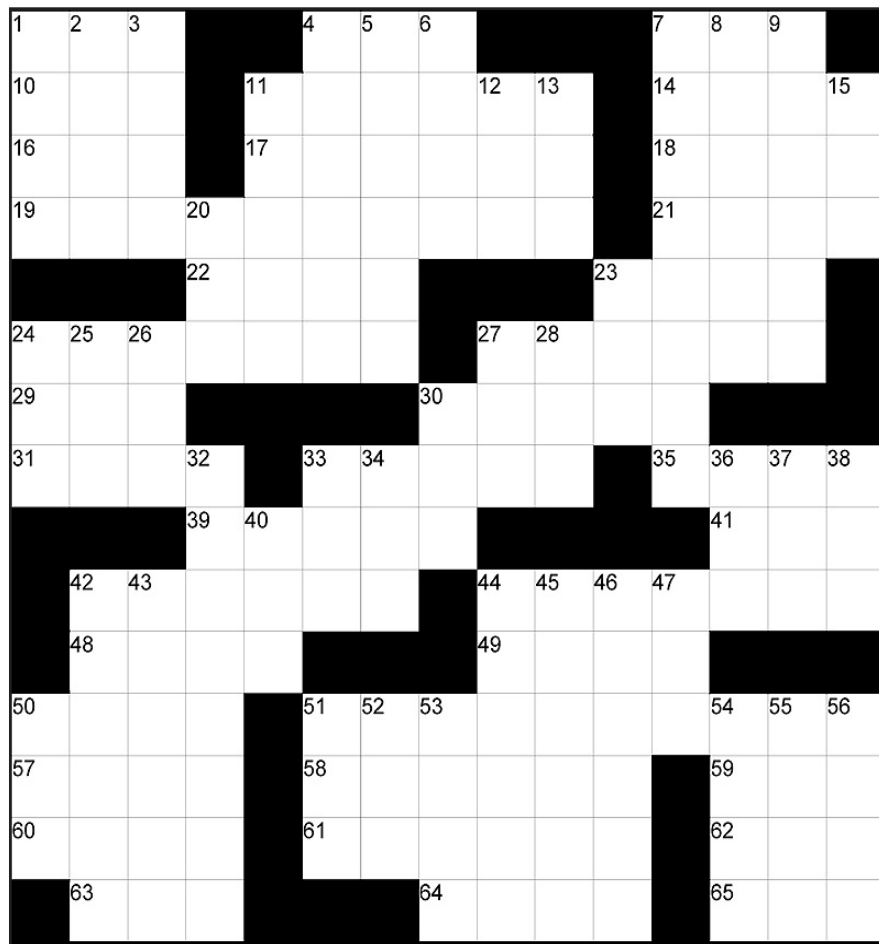
All Stressed Out

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BAADD 634-5555

General of the Army



General of the Army

By Capt. Tony Wickman
71st Flying Training
Wing Public Affairs

ACROSS

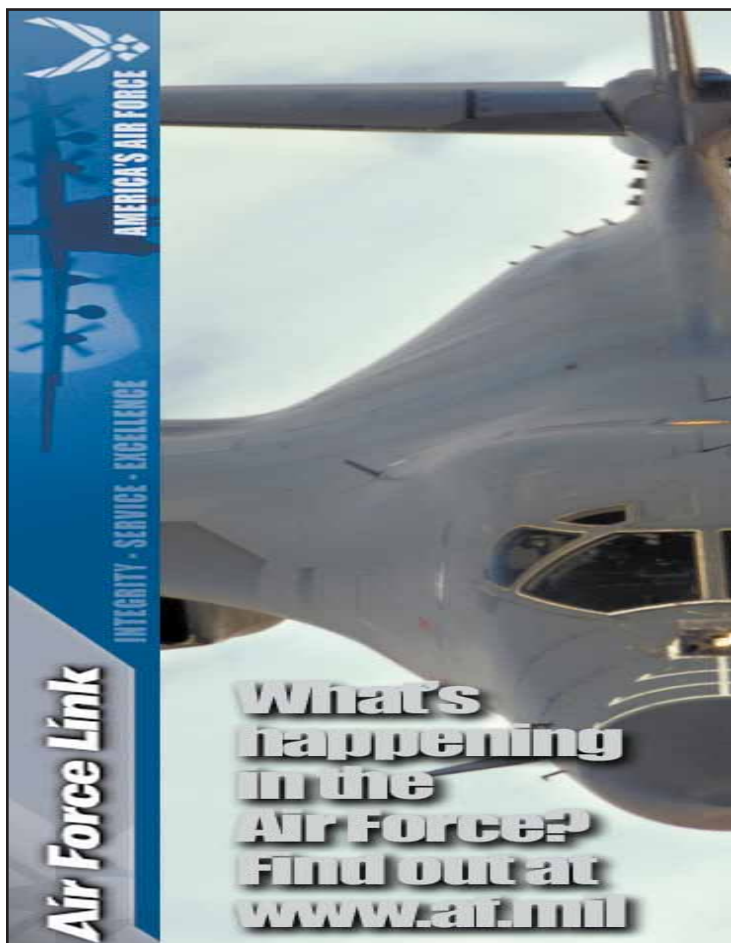
1. Get the total
4. Pro basketball org. once
7. School org.
10. Tract of open ground
11. Desires
14. Sea eagle
16. NY Giant Manning
17. Puzzle direction
18. Worthless pieces of cloth
19. WWII general promoted to 5-star rank
21. Gaelic person who settled in northern Great Britain
22. Chief
23. Sonny's singing partner
24. Bugs
27. Member of an Iroquois people
29. Basic unit of electric current
30. Kitchen cover
31. Pacific island
33. Heart part
35. Big event
39. Slanted
41. Maya ____; Vietnam Memorial architect
42. Courier
44. WWII general promoted to 5-star rank

48. ____ Timor; country of the western Pacific Ocean
49. Bring in
50. To strike or beat, as with a whip
51. General of the Armies, first among all others
57. Thought
58. A title of the emperor of Japan
59. ____ de Janeiro
60. Narrate
61. Nonsense
62. Freddie's street
63. Internet service, in brief
64. Geek
65. Hurricane center

DOWN

1. Away from the wind
2. Sandwich shop
3. Podium
4. Redhead comic icon
5. British noblemen of the lowest rank
6. Declare
7. WWI general named General of the Armies
8. Sought out
9. Yarn or fabric made from Turkish goat
11. Aqueduct
12. 112°30' east of due north, in brief
13. Former Soviet country identifier
15. Standard time in the 5th time zone west of

- Greenwich
20. Ambulance rider, in brief
23. Co. head
24. Sack
25. Flightless bird
26. Federal org. concerned with protecting the environment
27. Choose
28. Gun lobby
30. Op or deco
32. WWII general promoted to 5-star rank
33. Cause pain, uneasiness or trouble to
34. Ancient
36. Everything
37. Fib
38. ____ Which Way You Can
40. Tit for ____; repayment in kind, retaliation
42. Went that way
43. Art props
44. Function
45. Oakland player
46. WWII general promoted to 5-star rank
47. Adobe raw digital photography file format, in brief
50. Shining
51. Weapon with the capacity to kill indiscriminately, in brief
53. Hide
54. Oak or elm
55. Greasy
56. Alaska town



Air Force Link

AMERICA'S AIR FORCE
INTEGRITY • SERVICE • EXCELLENCE

**What's
happening
in the
Air Force?
Find out at
www.af.mil**



Save Time

manage TRICARE online
www.triwest.com



111
DAYS LEFT

180
DAYS OF
SAFETY

*Integrity first,
Service before self,
Excellence in all you do*

Water safety is no accident

Recreational boating is one of the most popular and growing family leisure time activities in this country. It can also be one of the most dangerous family activities. Learn how to prevent accidents, injuries and even fatalities before you go out on a boat. If you plan on renting any of **Outdoor Adventure Center's** ski boats, pontoon boats, and fishing boats then you'll have to complete a Boater Safety Course. The OAC has a course as easy as 1, 2, 3! Completion of the OAC Boater Safety Course is required every three years. Participants will receive classroom instruction, practical, and on-the-water instruction and testing. This course is both fun and educational for anyone interested in operating a power boat. If you can't find the time to take the course, you may go online and take the test at www.dbw.ca.gov. The on line course provides you with a printed certificate, which must be presented at the OAC so that you can pre-register for the next step of the course, which is the water training portion. Pre-registration is required. During this portion of the course, you will receive training on backing up, parking, launching, retrieval

and basic water safety. Class size is limited, so sign up early! The next classes are scheduled for Thursday, June 14th from 4:30-8:30 PM and Tuesday, June 19th from 9:00 AM-4:00 PM with a lunch break from noon to 1:00 PM.

For more information on this program contact the Outdoor Adventure Center at **634-2054**.

- - - Tips for Safe Boating - - -

- Always wear a life jacket
- Avoid alcohol
- Be especially careful on personal watercrafts
- Children younger than 13 must wear a Coast Guard approved life jacket while underway
- Enroll in OAC's boater education class
- Don't overload your boat
- Operate at a safe speed
- Always have a passenger serve as a lookout in addition to the operator
- Watch out for low water areas or submerged objects

First Place / 9-12th Grade

Sarah Orpurt • 10th Grade

If You Love a Woman

*If you love a woman
 Show her in every way you can
 Know there's a simple logic in her mind
 That you will never understand*

*Treat her like a diamond
 And she will surely glisten,
 shine and glimmer
 Treat her like a piece of dirt
 And her anger will surely bubble
 and simmer*

*Soothe her mind from worry
 And protect her from her fears
 Hold her close and whisper softly
 As you wipe away her tears*

*If you love a woman
 Just act and be who you are
 Honesty is what she wants
 Lies to her won't get you very far*

*Love her for who she is
 And not what you hope she will be
 Let her spread her wings and fly
 Don't hold her back, let her be free*

*If you love a woman
 Let the tender feelings last
 Be humble, kind, and gentle
 For your time with her will pass*

*Dance with her
 Even in the strangest place
 Do what ever you can
 To put a smile on her face*

*Sing to her in the quiet
 And pay for her on dates
 She would do everything for you
 So you should do the same*

*If you love a woman
 Patience is a must
 She'll open up over time
 Patience builds trust
 Keep her secret guarded*

*Kiss her every chance you can
 Cheer her on and encourage her
 Let her know you're her biggest fan*

*If you love a woman
 Act like she's your world
 Love her with all of your heart
 After all, she is your girl.*

HUB ZEMKE LIBRARY

Poetry Contest Winner

Youth Center Activities

GYMNASTIC CAMP

June 11th-15th

Ages 3-5 • 5:15-6:00 PM

Ages 6-up • 6:00-7:30 PM

Ages 3 and up, \$40

Kindergym to Intermediate classes.

FATHER'S DAY

Sail the Bay

June 14th • 6:30 AM-8:30 PM

Ages 10-18 • \$40 Father & child,

\$20 additional child.

Sail around Pier 39, Alcatraz, Angel Island & the Golden Gate Bridge.

Midnight Basketball

June 16th • 10:00 PM-12:00 AM

Ages 13-18, Free mem, \$1 non mem.

Mercer Cavern &

Marshall Gold State Park

June 19th • 8:00 AM-6:00 PM

Ages 9-12, \$10 mem, \$15 non-mem.

Ages 13-15, \$15 mem, \$20 non-mem.

1-hour guided tour, descend 16-stories by way of stairs and walkways.

White Water Rafting

June 23rd • 9:00 AM-7:00 PM

Ages 13-18 • \$15 mem, \$20 non-mem.

Class II & III Rapids with an experienced & trained guide.

(Signup deadline June 12th)

PICK UP A SUMMER SCHEDULE

AT THE YOUTH CENTER,

COMMUNITY CENTER OR ONLINE

AT WWW.BEALESERVICES.COM

634-4953

- Sealed Bid Sale -

9th Services Squadron - Beale AFB, CA

1- 2000 Larson Ski Boat, 18 ft w/ Penta Volvo 3.0 engine. Interior and hull OK, engine does not work. Min \$2,500

2- 2000 Larson Ski Boat, 18 ft w/ Penta Volvo 3.0 engine. Interior and hull OK, engine does not work. Min \$2,500

3- 19 Ft River Boat Includes trailer, but no engine. Min \$800

4- 2000 Coleman Pop-up Camping Trailer 20 ft set-up, sleeps 6, refrig., sink. Min\$500

5- 2000 Coleman Pop-up Camping Trailer 20 ft set-up, sleeps 6, refrigerator. Min\$350

6- 2000 Coleman Pop-up Camping Trailer 20 ft set-up, sleeps 6, refrigerator. Min\$350

7- 1993 Chevy 15 Passenger Van Runs but needs work. Min \$750

8- 1992 Ford F150 Runs but needs work. Min. \$750

9- 1990 GMC van Runs but needs work. Min.\$750

All items can be viewed at the Beale Outdoor Adventure Center 17630 Doolittle Drive during normal business hours:

Mon - Fri 10:00 AM-5:00 PM and Sat. 8:00 AM-12:00 PM. Bids will be accepted until 5 pm 6/13 and opened at 6:00 pm. Call (530) 634-2054 for additional information.



**JOIN THE FORCE
 FOR YOUR CHANCE TO
 WIN \$500!**

Fill a card, win a prize!
 The more you BOWL, the more you WIN!



No federal endorsement of sponsors intended.

Summer Reading Program

Read 5 books during the Beale Library's Summer Reading Program and get a FREE game of bowling!

BEALE LANES • 634-2299

All You Can Eat LUNCH BUFFET!



11:00 AM-1:00 PM

Monday- Potato Bar
 Tuesday- Pizza Bar **New!**

Wednesday- Southern Style

Thursday- Italian

Friday- Fish & Carving Station

\$6.95 Club Mem, \$8.95 Non-mem.

Backyard B-B-Q

Quarterly Membership Night

June 15th • 5:00 PM

FREE FOR CLUB MEMBERS

The Club will be sparkling up the BBQ for a party on the Pub Patio.

**The Membership Club Card
 drawing is currently at**

\$350⁰⁰

Drawing is held every Friday night at the Recce Point Club. Must be present to win. If winner is not present, the prize money increases \$25 each week until a winner is present to accept the award

Recce Point Club

634-4948

Beale Chefs learn culinary skills from CIA Master Chef

Contrails Inn was invited to send two of their finest Chefs to the Golden Eagle Culinary Program in Travis AFB by the 60th Service Squadron. A1C Tiffany Reedy and A1C Eric Grubbs learned basic culinary preparation, nutritional information and how to create mothersauces. They were taught by a Master Chef from the Culinary Institute of America (CIA). The CIA has the reputation as the world's premier culinary college. After the 4 day class, Reedy and Grubbs had to prepare a 5 course meal. They prepared foods such as; rib roast, pork loin with puree' chili rub. Everything turned out delicious.

This prestige culinary program is made up of two parts. Reedy and Grubbs have been invited back to Travis to finish the second half where they will be taught advanced cooking, food paring and presentation cooking with wines. Be sure to visit the Contrails Inn and taste the differences!

Try the **Mongolian BBQ** every last Thursday of the month. Contrails Inn prepares a large variety of fresh cut meat,



Contrails chefs A1C Tiffany Reedy and A1C Eric Grubbs completed 4 days of training by a Master chef of the Culinary Institute of America.



vegetables and sauces. And for the hard working moms and dads who need a break from cooking, visit Contrails Inn every Sunday for Family Night.

For more information on promotional events, visit www.bealeservices.com.



Don't miss out on the Mongolian BBQ once every month.

GREAT OUTDOOR adventures!

ALL TRIPS AND TICKETS ARE OPEN TO MILITARY & DoD CIVILIANS

Six Flags Discovery Kingdom Beale Family "Fun Day"

June 17 • 8:00 AM-8:30 PM. **DEADLINE TO SIGNUP IS 6/14**

Cost: \$35 (ticket, transportation & souvenir picture). OAC has coordinated with Six Flags Discovery Kingdom, America's only combination wildlife park, oceanarium and theme park for a day of huge fun. Enjoy the roar of a classic wooden roller coaster featuring an opening drop from 10 stories high and speeds of up to 50 miles per hour or the Medusa, an exciting coaster floorless, high-speed, multi-inversion steel super coaster! Also, kids and parents can ride and play together in the huge Looney Tunes-themed Park! This trip includes roundtrip transportation, a free 6x8" souvenir picture and your discounted admission to the park. This trip is a huge savings due to high gas prices, parking fees and ticket prices. Don't want transportation? Pick up your specially priced, "Beale Six Flags Fun Day" ticket at OAC- for \$27!

Wednesday Evening at the Lake

June 20 • 4:30 PM-Dark • Ages 12 & up • Cost: \$20

DEADLINE TO SIGNUP: 6/18 Enjoy an evening of fun at Lake Engelbright as OAC brings out their water toys! Try out any of the great equipment on hand-waterskiing, wakeboarding, knee boarding or tubing. We provide all the equipment and ski boat with driver. Bring your packed dinner and beverages- there will be a barbeque with hot coals for those who want to grill.

JUNE • Get Out & Camp Special

Includes: tent, stove, lantern & up to 4 sleeping bags.
\$20 daily / \$35 weekend.

OUTDOOR ADVENTURE CENTER • 634-2054

JUNE IS MEMBERSHIP MONTH

Buy, Sell, Trade or Swap
Hunting & Fishing Gear!

SWAP MEET

June 15th, 16th & 17th • 9:00 AM-3:00 PM

Rod-N-Gum Club

788-2473



POOL HOURS OPERATING HOURS

MAIN POOL June 9th-August 19th

Lap Swim	0600-0800	Tues, Thurs, Fri
Lap/Fitness Swim	1100-1300	Monday-Friday
Open Swim	1330-1800	Monday-Friday
Open Swim	1200-1800	Sat., Sun., & Holidays

Swim Lesson signups begin Sat, June 9th at 0800.

LAKEHOUSE POOL June 9th-August 19th

Open Swim	1130-1800	Daily (Mon-Sun)
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FEES AND CHARGES

DAILY ADMISSION- \$2.00 per person (5 years of age and older)

PUNCH CARDS- \$40 (25 entries)

2007 SEASON PASSES- Permits unlimited pool entry during 2007 season, 10% discount on swim lessons, Season Pass holder party, free entry to Family Night events.

Family Pass- \$95 (Up to 6 family members)

Individual Pass- \$55

NOTE: ID'S ARE REQUIRED FOR POOL ENTRY
(NO EXCEPTIONS, including Season Pass holders)

Main Pool 634-2262 • Lakehouse Pool 634-4952

LIFEGUARDS NEEDED FOR BASE POOLS

Lifeguards must have CPR / First Aid, Title 22 & Lifeguard or WSI Training Certificates. Great opportunity for High School & College students. AF positions- call **Civilian Personnel 634-2255**. NAF positions call **HRO 634-2241**.

5K FUN RUN

WEDNESDAYS • 6:30 AM • AT THE FUN RUN PATH

>> TOP 5 <<

1. A1C John Paul Stark LRS 21:19
2. TSgt William Hambly LRS 21:58
3. SSgt Heath Rogers LRS 26:50
4. A1C Tyronne Cox LRS 27:55
5. 2ndLt Taren Clement LRS 28:14

**Harris Fitness
Center
634-2258**

**AF-SERVICES
Fitness
& Sports**

SWEDISH MASSAGE

Father's Day Special



- 1 - Hour Massage - \$40
- 1-1/2 Hour Massage - \$55
- 30 Minute Chair - \$25

ORDER NO LATER THAN JUNE 17th
Must redeem by June 30th

Harris Fitness Center • 634-2258



Sign
up by June
15th.

JUNE TOURNAMENTS & EVENTS FATHER'S DAY GOLF TOURNAMENT

June 17th • 8:00 AM-1:00 PM

2 Person scramble w/handicap.

Father's can sign up with
their son or daughter.

\$30 per team plus green fees
and optional cart.

**Coyote Run Golf Course
788-0192**

ILES ACADEMY OF GOLF FOR KIDS

June 11th & 15th • 4:00-5:00 PM

Sign up at the Pro Shop or call
Ken Yuson at 788-0192

GOLFER'S FIELD DAY

June 15th • Dusk to Dawn

\$10 Active Duty, \$15 Others. Includes
green fees and \$5 prize fund.